



# Weekly Notices

Date: 11th September 2020



## Recognising Coronavirus (COVID-19) Symptoms

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Rapid onset of symptoms
Fever (37.8°C or above)	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common (usually dry)	Mild	Common (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes (for children)
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

### Key Notes:

Attached is a clear table of different circumstances and what to do in each situation in relation to Covid19. With cases in the UK increasing again, it is important that we are all vigilant and work together to keep our whole community as safe as possible. Hopefully the table attached will help to answer some queries.

Postcard

### Thank you

This week I would like to Thank the children as they have shown a huge amount of responsibility (our value this half term) by looking out for each other by constantly sanitising their hands and washing their hands with soap. I have seen some children actively step aside to allow people to pass by at a distance. Well done to all the children for helping to keep each other as safe as possible.



### Half Term Value Responsibility

We are advertising for a lunchtime supervisor to complete our team following the retirement of Mrs Wallace over the summer. If you are interested in this role please contact the school office by email for an application pack.

### Job Opportunity



### Reminders for Next Week:

- Please can we remind everyone to continue to model social distancing while queuing at drop off and collection.
- Reminder that on PE days children can come to school in their PE kit. Please ensure this is appropriate for the weather conditions.



### Well Being Top Tip this week:

After such a long period at home, separation anxiety can raise itself. This booklet provides top tips for parents on activities you can do as a family to help reduce separation anxiety.

<https://www.mentallyhealthyschools.org.uk/media/2219/rebuild-and-recover-separation-anxiety-tips-and-guidance.pdf>

### Net Aware

TikTok is a popular app used by many. We would like to bring your attention to the recommended age of this app which is 13+ and so is not promoted to be used by children in primary school. However, we are very aware that a lot of our children will be using tiktok and especially following lots of videos that were promoted during the recent lockdown. It has been published recently that there are some nasty and inappropriate videos doing the rounds on tiktok and it is therefore vital that you monitor your child using this app to protect them.

## Covid19—Quick Reference Guide for Parents

What to do if....	Action Needed	Return to school when
<p>My child has Covid 19 Symptoms:</p> <ul style="list-style-type: none"> <li>• <b>High Temperature</b>—this means you feel hot to touch on your chest and back.</li> <li>• <b>A new Continuous Cough</b>—this means coughing a lot more than an hour, or 3 or more coughing episodes in 24 hours.</li> <li>• <b>A loss or change to your sense of smell or taste</b>—this means you've noticed you cannot smell or taste anything.</li> </ul>	<p><b>DO NOT COME TO SCHOOL</b>            Contact school to inform us.            Self isolate the whole household for 14 days.            Get a test.  <b>Inform School immediately about test result.</b></p>	<p>.... The test comes back negative.</p>
<p>My child tests positive for Covid19.....</p>	<p><b>DO NOT COME TO SCHOOL</b>            Contact school to inform us.            Agree an earliest date for possible return—<b>minimum of 10 days.</b>            Self isolate the whole household for 14 days.            Bubble isolates / remote learning.</p>	<p>....They feel better. <b>They can return after 10 days</b> even if they have a cough or loss of taste/small. These symptoms can last for several weeks.</p>
<p>My child tests negative .....</p>	<p><b>CONTACT THE SCHOOL</b>            Discuss when your child can come back to school (same day / next day)</p>	<p>...The test comes back negative.</p>
<p>My child is ill with symptoms not linked to Covid19</p>	<p><b>Follow usual school absence policy procedure.</b></p>	<p>After 48hours following the last bout of sickness / diarrhoea.</p>
<p>Someone in my household has covid19 symptoms....</p>	<p><b>DO NOT COME TO SCHOOL</b>            Contact school            Self-isolate the whole household for 14 days.            Household members to get tested.  <b>Inform school immediately about test result</b></p>	<p>... The test comes back negative.</p>
<p>Someone in my household tests positive for Covid19</p>	<p><b>DO NOT COME TO SCHOOL</b>            Contact School            Agree an earliest date for possible return. <b>Minimum of 14 days.</b></p>	<p>The child has completed <b>14 days of isolation.</b></p>
<p>NHS test and trace has identified my child has been in close contact with someone with symptoms of confirmed Covid19.</p>	<p><b>DO NOT COME TO SCHOOL</b>  <b>Contact School</b>            Agree an earliest date for possible return. <b>Minimum of 14 days.</b></p>	<p>The child has completed <b>14 days of isolation.</b></p>
<p>We/my child has travelled and has to self isolate as a period of quarantine.</p>	<p>Do not take unauthorised leave in term time.            Consider quarantine requirements and FCO advice when booking travel.            Returning from a destination where quarantine is needed. Agree an earliest date for possible return. Minimum of 14 days from return date.            Self isolate the whole household.</p>	<p>... The quarantine period of <b>14 days has been completed.</b></p>
<p>We have received medical advice that my child must resume shielding</p>	<p><b>DO NOT COME TO SCHOOL</b>  <b>Contact School</b>            Shield until you are informed that restrictions are lifted and shielding is paused again.</p>	<p>....School inform you that restrictions have been lifted and your child can return to school.</p>
<p>My child's bubble is closed due to a Covid19 outbreak in school.</p>	<p><b>DO NOT COME TO SCHOOL</b>            At home support your child with remote education provided by school.            Your child will need to <b>isolate for 14 days,</b></p>	<p>... School will inform you when the bubble will be reopened.</p>